

KAUAI COUNTY AGENT GIVES FOOD FACTS TO WAIMEA LITERARY CLUB

A. Hebard Case Tells Garden Islanders Something About National Conservation

Paper presented to the Waimea, Kauai, Literary Club by A. Hebard Case, County Agent for Kauai.

The slogan of the food administration which has been used since the beginning of this war, and to which we will march to victory is, "Food will win the war—Don't waste it." To stop wasting food is, of course, a cardinal point in food conservation. It is conservation. But to insist on that strongly, as strongly as we are going to have to insist upon it before the necessity for it is driven home, and not offset by the counterbalancing fact that there is something which we can eat instead of that which we save, and the disagreeable impression is created in the minds of the people that they are being asked to half-ration themselves while we are carrying on this great war against Prussianism.

This impression has already been created, to some extent. To correct this misconception—to tell the story of the part food plays in war, how bread and bullets will put down autocracy and make the world safe for democracy, how we must conserve our food supply in order that a share and an ungrudging share, may be spared to our allies, is, if not the most important, at least the immediate and first task of the food administration or any other such body. From this important task is brought to light a new slogan which will answer the needs of the administration and create no such feeling of fear in the minds of the people, that "Eat and win the war."

One of the first things to be done is to remove from the minds the fear that this country is entering upon a campaign of starvation. We are going to send great quantities of food abroad, in order that our allies may keep on fighting and win the war, for us as well as themselves. The more we send, the further we will keep the first line trenches from our shores. We will send food, then, send it abundantly, but that does not mean that the American people are going hungry. It does not mean that they are going to eat less than they have been accustomed to; they may, in fact, eat more. The time may come possibly, should the war continue for years, when they will have to eat less, but for the present all they are asked to do is to use sparingly the foods that can be conveniently exported to our allies.

There are some things, perishable stuff and bulky foods, which cannot so easily be shipped abroad. They are wholesome foods of which the American people for their health's sake ought to eat more. Cornbread, rye, potatoes and home products, of which all are good. So that all we ask the people is to change their habits a little, to eat all they want of any number of foods wholesome and pleasing to the taste, but to cut down their consumption of certain things of which our allies stand in crying need—we are actually counselling the people, when we ask them to save, to do something which is good for them.

Food conservation is not going to be a hardship for us if we look at it in the right way. At most it will mean the substitution of one thing for another. The macs who eat less wheat bread and more corn bread may find, as thousands have found, that they like corn bread better. Be willing to try new foods.

Conservation is not even going to mean that we are to be unduly limited in our choice of dishes. Think of a chart. On this side are the things of which we can eat more, on the other side those we ought to eat more sparingly. You will see that the "eat-more" outbalances heavily the "eat-less." On the food administration home card there is only six articles which Hoover has asked the housewife to save, viz.: Save the

wheat, save the meat, save the milk, save the sugar, save the fuel; in addition the housewife is asked to buy home produce and use perishable foods in greater quantity.

Another impression that must be removed is the wrong idea some persons have that this whole movement is to cut down the grocery bills of the American people. As one woman was heard to say, "It's a lovely plan. We eat less and save our money so that we can send it to Europe." What the soldiers who are banging at the Germans want is food, not money, and food is what we are going to send them.

Thrifty will undoubtedly be a by-product of conservation—and therein will lie another benefit to us as a nation, but mischief will be worked if the impression becomes general that thrift is the ultimate object. That would leave unconsumed great quantities of food-stuffs which cannot be very well shipped abroad, and which, if we do not eat, will benefit no one. That in turn would have a bad effect upon future production. What we want to do—what we must do—and what we will do—is to induce farmers to put forth every effort to produce, produce, produce. They must not be discouraged by foolish economy that would have effect of over-production, and lead inevitably to inactivity or retrenchment on their part.

Furthermore the lesson must be driven home that the duty of conservation rests upon every one. John must save as well as James; the banker as well as the laborer in the fields; the husband as well as the wife; the community as well as the entire nation. Women have been preached at about starving the garbage can until every woman must be weary of the very name of conservation. One would suppose that the whole duty of feeding the allies rested on their slender shoulders. One woman asked what good it did for her to skip the dinner table when her husband burned up all she saved in his cigars. We will soon get after Mr. Husband. Every one in the family must cooperate with the housewife.

One more lesson the American people ought to learn—the purpose in establishing the food administration and commission was not, primarily, to reduce the high cost of living. It will, by throttling speculation and artificial shortages, undoubtedly tend in that direction, and for that, so much the better. But the great object of food conservation is to win the war. That fact ought to be drilled into our ears until we cannot possibly forget it or misunderstand it. Let me repeat that—the whole object of this movement is to win the war. Look at the matter in that light and you will see that price, important as it is, distressing as is high cost of living, especially to the poor, is of relatively little moment beside the necessity of winning this fight. We can put up with high prices for a while if necessary, but we don't want to put up with the Prussians. And that is what we shall have to do unless we subdue them. To subdue them each patriotic American must do his part, either in the trenches or at home. Regard it as a privilege to participate in such a patriotic movement in your home. The nation's task is a serious one. It touches each of us, you and I. If we do not win this war we must prepare ourselves for grave changes in our institutions and to lead a different life from that which we planned to live—from that which our forefathers died to give us the right to live. We shall indefinitely face the interference of the Prussian autocracy or bear permanently the intolerable burdens of militarism. To win this war we must have both men, money and food. Our soldiers in the field have always done their part; our farmers and housewives will do theirs.

Change "Do your bit" to "Do your best."

Macauley's Cartoon For Today



THE TRAIL OF THE BEAST

DRAWN BY C. R. MACAULEY.

TOM STRATHAIRN OF HILO WRITES FROM WAR ZONE

(Special Star-Bulletin Correspondence)

HILO, Hawaii, Nov. 29.—"It never rains but it pours," is an old saw, and while it does not, of course, in this instance refer to the present weather conditions of Hilo, the saying is apropos, for letters from the front and from near that interesting region keep pouring into the hands of some lucky residents of this city. The latest is from Tom Strathairn, the well known and popular purser of the good old Mauna Kea. Tom is now on the job with the Island Water Transportation organization and that means that he travels a lot around the rivers and canals of Great Britain, with every prospect of also taking unexpected trips up rivers and water ways in other parts of Europe and Asia.

Strathairn has kept his eyes and ears open during the short time he has been at "home," and he has a story or two to tell that should interest his friends and others who are unfortunate enough not to know him.

"There is a wonderful man, Gordon Campbell, who is the mystery man of the British navy," writes Strathairn. "He has been given the D. S. O. and the Victoria Cross and now has five silver bars to his ribbon. But not a word of explanation has ever appeared in the official gazette. His name and his new honors have been printed, and that is all."

"The explanation is that he is engaged in U-boat trapping. The stories told of his exploits are intensely interesting and amusing, but must not be repeated as yet. In a general way it may be said that he is almost absurdly without fear, and that the devices by which he catches the Huns are very clever."

"Campbell came in the other day from a cruise and one-third of his crew was on strike. They said they would never put to sea again with such an absolute madman."

"The remaining two-thirds of the crew thereupon at once declared that they would not put to sea with any one else!"

"Things are going well over here and the submarine menace is a thing of the past. The American sailors who land occasionally from the United States' warships are very popular with everybody. I have met a few who have been in Honolulu and even Hilo. They spoke of the Hilo armory and a dance they attended there and also gave Madam Pele a boost. They are a fine bunch and we Britishers are glad to be shoulder to shoulder with them in this fight against sore ear Bill."

ISSUE OF BONDS ADVOCATED FOR ROADS PROGRAM

City Engineer Says at Present Rate Would Take 16 Years to Complete Task

That, at the present rate of construction under the frontage tax payment plan, it will take more than 16 years to build the 172.16 miles of streets which Honolulu now requires is the opinion of City and County Engineer A. S. Cantin, backed by an array of figures to prove his contention. Just what the condition of the streets now in existence would be at the end of the 17 years of new street building is a matter left to the imagination of the board of supervisors. Moreover, the figures make no allowance for the further growth of the city, nor any provision for additional streets that would be required by such growth.

Mr. Cantin's letter to the board says there are 172.61 miles of streets to be maintained and constructed under the Permanent Improvement act commonly known as the Frontage Tax Law. Ten and seven-tenths miles (10.7) of streets were finished and constructed during 1916 at a cost of approximately \$518,000; this includes street widening and extension, engineering, etc. At this rate of progress, he says, it will be something like 16 years before 172.61 miles of streets will be completed.

"This brings up the question of what progress can be made in 1918," he says, "also the maintenance of roads not taken in that year by the Permanent Improvement Law."

"It takes at least three months to prepare an improvement district before bids can be called for. This delay is due to the legal procedure called for under the Improvement Statutes."

"The contractors with their present equipment can only absorb so much of the program at a nominal price. The price will increase for the work when new contractors bid, owing to purchase of equipment, etc."

"Transportation and the ability to sell bonds will be a controlling factor. Still the vital question remains: What shall be done to maintain existing roads, the majority of which are beyond patching?"

Not only is the crying need for streets themselves, and for streets kept in good repair, involved in this question of frontage tax improvements, but the entire system of waterworks and sewage is involved.

Some sort of bond issue that will cover the immediate cost of this most necessary civic improvement seems inevitable. Honolulu must have an ample and safe sewage system, waterworks sufficient for the city now, and to care for normal increase in the population, and street work commensurate with her needs. The present frontage tax system will not provide funds to cover these improvements.

SICKNESS CLAIMS SIX SAMMIES IN FRANCE

WASHINGTON, D. C., Dec. 4.—General Pershing yesterday reported six deaths in the American contingent in France as a result of natural causes.

HILO MAN WRITES FROM TRENCHES OF HEROIC DEEDS OF COLONIALS

Sergeant Coulter Tells of New Gas Used by Huns, Which Makes Victims Blind

(Special Star-Bulletin Correspondence)
HILO, Nov. 28.—"Those Australians are great fighters and nothing can stop them except death," writes Sergeant Coulter, a Hawaii man, who is well known in Hilo. Coulter is "some-where in France."

"I have seen thousands of Australians, Canadians, New Zealanders and other 'colonials' during the past two years or so, but never before have I seen such a determined bunch of fighters as those which accomplished the capture of Messines ridge," he writes. "That feat will go down in history for all time. It was a tremendous affair."

"However, there are stirring things going on each day now, and what with air fights and shells whizzing back and forth all day long, one may be said to be in the thick of it all."

"Some men are simply splendid, and it is wonderful to see how men who had never dreamed of being a soldier four years ago have developed into natural born leaders of men and have become high officers in the British army. It is marvelous, but it all goes to show that when the time comes the man is generally found to do the job. The other day one officer and fifteen men mopped up a strong German post simply by dash and initiative. They went out in the face of machine gun fire, which came from the miniature forts the Huns now construct, and although raked by bullets, captured the place. The officer was killed and at once a private stepped into the breach, re-formed his men and went after the job on hand and finished it in style. I fancy that private will soon be wearing the Victoria cross and also an officer's insignia."

"There are many instances of the kind and, of course we in the trenches do not probably hear as much as you

people in Hilo do, for we don't get daily wireless, at least of the kind that we used to look forward to while on the plantation."

"This week the churned-up ground has dried somewhat. The churning was a good one, started by shells and finished by bombs from aeroplanes. Machines of the Boches have been coming over in great numbers in order to try and secure information of the German artillery, but I am glad to say that they get little of any use, as our birdmen go up as soon as they appear and then occupy their attention in such a fashion that it takes the enemy all his time to either make a spurge for home and Kaiser, or else take a nose-dive to earth, ending everything in a blaze of fire."

"The program during the day is to drop high explosive shells on all possible places. At night gas shells are used and you may depend that we reciprocate with compound interest. "Some of the Canadians report a new German gas which is worse than any of the gases which have gone before. This one can not be detected by sight or scent, according to those who have suffered from it. Four hours after the gas has been launched by the enemy—this period seems to be fixed by guess—the men who have been exposed to it suddenly go blind. No other effect is produced so far as is known."

"Apart from the absolutely hellish nature of the device, which has for its sole purpose the destruction of the sight, the great danger is that the men, not being warned of its presence, do not put on their masks until it is too late. Oh, these Huns, we will make them pay dearly for their savagery later on, say about June next year."

Coulter winds up by saying that he has not seen anything of the other men from Hawaii for a long time past but that he expects they are all right, for bad news travels fast.

ZOO NOMENCLATURE IN SCIENTIFIC ARRAY

Visitors to Kapiolani park will be able to call their animal friends by their real names next Sunday if they can pronounce the names. Prof. M. M. Scott, principal of McKinley High School, has supplied Supervisor Ben Hollinger with a list giving not only the common and scientific names of most of the animals in the zoo, but their original habitat.

Mr. Hollinger is now having the tin cut for these name tags, which, taking the yak as an example, will give the following information: Common name, Yak; scientific name, Peophagus Grunnius; place of habitation, Central Asia; name of donor, Using friend Daisy as an illustration, the information given on the tag will come in the following order:

ELEPHANT
(Elephas Africanus)
AFRICA
Donated by Merchants of the City.

MOANA DINNER DANCING

Tuesday evening with Dude Miller's orchestra—Adv.

the national organization to secure, if possible, 20,000,000 Red Cross members by Christmas day. The week of December 17-24 will be utilized throughout the mainland in this effort.

Mrs. Frank Baldwin is president of the Maui Red Cross auxiliary and Mrs. Charles Rice heads the Lihue, Kauai, auxiliary.

LEWERS & COOKE EXHIBITS PAINTINGS OF WAR TOWNS

Paintings of rare charm are being exhibited this week by Lewers & Cooke in their King street windows, showing the towns of Europe that have figured in the present war. They are from the brush of Harry Carleton, an English artist, and follow closely the style of Prout.

There is a market scene in Louvain showing the back of the now ruined library with its flying buttresses under which cluster old and picturesque houses and shops.

At Antwerp the famous cathedral, whose tower Napoleon compared to Mechin lace, is seen from an unusual point of view. Then there is the old church of Ypres—"Wipers", of the English Tommy—in another picture.

In still another the twin towers of Angers occupy the sky, a sky of lovely blue and gray, while the roofs and gables and the quaint old street fill the lower portion of the picture.

Malines is pictured with its tower and a wonderful old Flemish house front, seen across the canal. The "grande palace" of Brussels, with guild houses of the cloth merchants, where the Fetes de Chivalerie are held, is shown in another painting.

SIMPLE WASH REMOVES RINGS UNDER EYES

Honolulu people are startled how quickly pure Lavoptik eye wash relieves blood shot eyes and dark rings. One young man who had eye trouble and very unsightly dark rings was relieved by ONE WASH with Lavoptik. His sister also removed a bad eye strain in three days. A small bottle Lavoptik is guaranteed to benefit EVERY CASE weak, strained or inflamed eyes. Pure aluminum eye cup, FREE. The Hollister Drug Company, Adv.

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Backache of Women

How this Woman Suffered and Was Relieved.

Fort Fairfield, Maine.—"For many months I suffered from backache caused by female troubles so I was unable to do my house work. I took treatments for it but received no help whatever. Then some of my friends asked why I did not try Lydia E. Pinkham's Vegetable Compound. I did so and my backache soon disappeared and I felt like a different woman, and now have a healthy little baby girl and do all my house work. I will always praise Lydia E. Pinkham's Vegetable Compound to women who suffer as I did."—Mrs. ALTON D. OAKES, Fort Fairfield, Maine.

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